

# Falafel with Yogurt Sandwich

**Makes:** 4 servings

Falafel is a pan-fried patty made from ground garbanzo beans (chickpeas) and middle eastern spices. It makes a healthy and delicious sandwich when served with a seasoned yogurt dressing and fresh onions on whole wheat pita bread. Try this recipe for lunch or dinner.

## Ingredients

- 1 cup** dry garbanzo beans (chick peas, sorted and rinsed)
- 3 cups** water
- 1/4 cup** oil
- 1** garlic (clove, crushed)
- 1** onion (large, chopped)
- 1** parsley (sprig, chopped)
- 1/4 teaspoon** salt
- 2 teaspoons** lemon juice
- 1/3 teaspoon** hot pepper sauce
- 1 cup** plain yogurt (low-fat)
- 1** onion (small, chopped)
- 4** Whole Wheat Pita bread (pockets)
- flour
- tomatoes, sliced (optional)
- lettuce (optional)
- bread crumbs (optional (see note))

## Directions

1. Put beans and water in large pot and soak by the overnight or [quick-soak method](#).
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt,



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>420</b>
<b>Total Fat</b>	<b>16 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>380 mg</b>
<b>Total Carbohydrate</b>	<b>56 g</b>
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

lemon juice and hot pepper sauce until smooth.

5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

## Notes

If the batter is too moist, add breadcrumbs to make it thicker. It may take up to a cup of breadcrumbs.

Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes